Protect the skin you're in!

Wear a hat!

Cover up!

Wear UV-protective sunglasses!

Seek shade!

Put on sunscreen!

Sun Safety Announcement for Employees

- This year there will be over one million new cases of skin cancer in the United States, chiefly caused by sunlight.

- Left untreated, skin cancer can eventually cause serious scarring, disfigurement, and even death.

- Protect yourself from the sun today: *(Choose the items that are practical...)*

  1. Wear a wide-brimmed hat.

  2. Wear long, light-weight clothing to cover your skin.

  3. Apply SPF 15 sunscreen to exposed skin.

  4. Wear *UV-protective sunglasses.

  5. Use lip balm with a SPF of 15 or greater.

  6. Work or take breaks under shade, when available.

  7. Drink plenty of water to help stay cool.

    *UV = ultraviolet [rays]